

## Parent Support Circles of L A County (PSCLAC)

### Who are we?

**Parent's Place** is a Family Resource & Empowerment Center. We are committed to supporting, promoting and enhancing family-focused services in a parent-driven atmosphere for families who have children with special needs, 0–22 years of age. Our primary focus is to empower families through up-to-date information, training and education, referrals, and parent-to-parent support.

### What is it?

We are creating change in our community by empowering and training parents to support and lead others in the challenges of caring for children 0-5 and sharing in the joys of watching the same children evolve and unfold as individuals. To accomplish this, we will establish 100 Parent, Peer-Led Support Groups throughout Los Angeles County. PSCLAC is designed to develop opportunities for underserved, at-risk parents that foster social connections, reduce isolation, and encourage sharing of knowledge and skills.

### Who's involved?

Children's Institute, Inc. (CII) is the lead agency and there are five partner agencies who will lead the effort in each of the five County Supervisorial districts:

- Weingart East Los Angeles YMCA (District 1):  
323.260.7005
- Para Los Niños (District 2):  
213.250.4800
- Family Focus Resource & Empowerment Center (District 3):  
818-677-7063
- For The Child (District 4):  
562.422.8472
- **Parents' Place, Family Resource Empowerment Center (District 5): 626.919.1091- Ask for Elena Sanchez**



### What are they doing?

These agencies will be focused on community outreach, partnership development and creating a sustainable infrastructure. *Community Outreach* will lead to establishing relationships with Obstetric programs and other medical care professionals. In addition, they will identify community members who will be trained as support group facilitators for various groups based on local community needs. *Partnership development* is important as we identify possible locations to hold support groups and expand the web of providers who will identify potential facilitators and participants for the groups. This will also include coordination with the Best Start communities throughout Los Angeles. By training a core group of facilitators and facilitator trainers, and partnering with a diverse pool of service providers, community based agencies, faith communities and private individuals the goal is to establish a low-cost, sustainable system that will provide support to parents who want to start support groups in their community.

### How can I participate?

During the early stages of the program, the way to get involved is to participate in a Peer Support Group or become trained as a facilitator. If you are a community based agency, faith community or a public/private service provider, you can also get involved by identifying locations where the community could gather for support groups and helping us recruit group participants. And of course, everyone, regardless of affiliation, can help us get the word out about Parent Support Circles of Los Angeles County.



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# Parent Support Circles

LOS ANGELES COUNTY



Elena Sanchez  
Project Coordinator

in partnership with



**Parents' Place FRC**  
March, 2014

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# What is Parent Support Circles?

# Parent Support Circles

LOS ANGELES COUNTY



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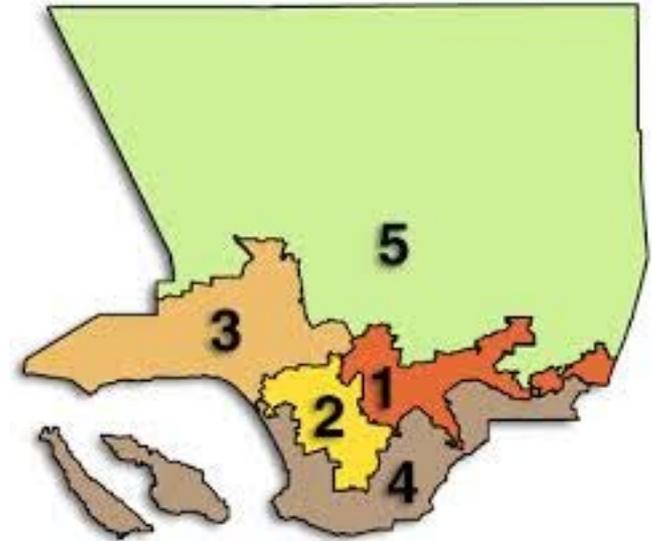
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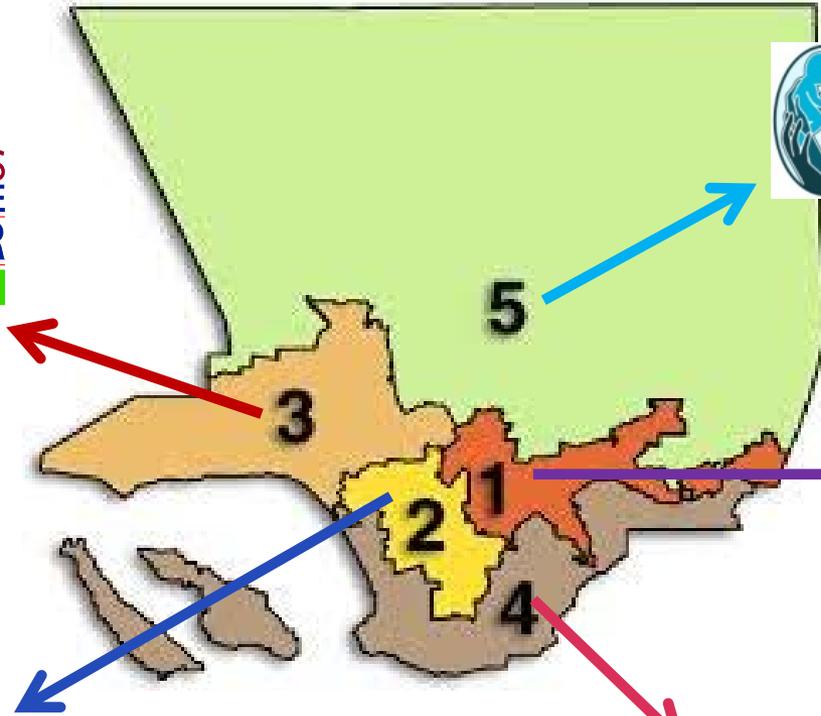
# County Wide Initiative

- Funded by First 5 LA
- Collaborative partnership among:
  - Children’s Institute
  - 5 Community-based organizations in each of the 5 supervisorial districts





# Program Partners





# County Wide Initiative

- **100 Parent-led support groups** throughout Los Angeles for parents and others caring for children 0-5
- **20 groups in each district** between 2014-2016
- **Each group will have a specific theme or area of interest** based on a community needs assessment





# The Goals of PSLAC

- Increase **social connections** with other parents
- Increase **parents' knowledge**, confidence and effectiveness
- **Raise parents awareness** of resources available to help in Los Angeles County



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# Alignment with other First 5 initiatives



- BUILDING STRONGER FAMILIES FRAMEWORK
- WELCOME BABY, SELECT HOME VISITATION





# In District 5

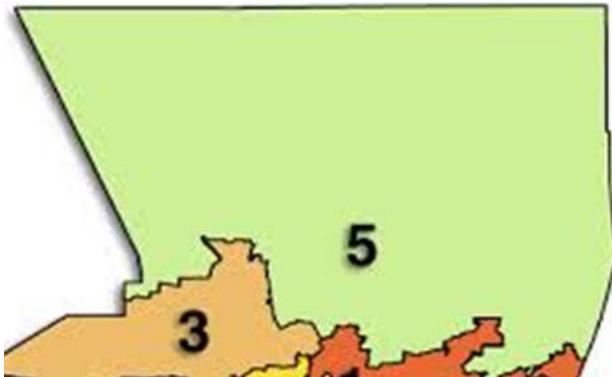


- 20 groups
- Focus Areas:
  - Azusa
  - Duarte
  - Monrovia
  - Arcadia
  - Pasadena
  - Baldwin Park
  - Diamond Bar
  - Pomona
  - San Dimas
  - La Verne
  - El Monte
  - South El Monte
  - Villa Mobile Home Park
  - Lancaster
  - Canyon Country
  - Palmdale
  - Little Rock
  - Lake LA
  - Acton
  - Leona Valley
  - Lake Elizabeth
  - Foothill Quarter
  - Newhall
  - Castaic
  - Valverde
  - Antelope Valley





# In District 5



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  - Pomona
  - San Dimas
  - La Verne
  - El Monte
  - South El Monte
  - Villa Mobile Home Park





# What is a support group?

- Small group meeting
- By parents, for parents and others caring for children 0-5
- Opportunity to share concerns and resources with others
- Safe space to talk about what is challenging about parenting



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# What is a support group?

- **Discussion** is determined by the group members
- Uses guest **speakers** for learning
- Is **not therapy**
- Occurs in places and at times **convenient** to members
- **Language** is not a barrier



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# How can I get Involved?



- **Join** a group
- Find out about becoming a **facilitator**
- **Host** a group
- **Refer** families, friends & neighbors

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LOS ANGELES COUNTY

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# Questions?

Contact Information:

**Karen Nutt**

[Karen.nutt@parentsplacefrc.com](mailto:Karen.nutt@parentsplacefrc.com)

**Elena Sanchez**

[Elena.sanchez@parentsplacefrc.com](mailto:Elena.sanchez@parentsplacefrc.com)

